

STRESS TO STRENGTH MODEL: STEP ONE

Date: _____

Good stress management is like the Serenity Prayer:

*God, grant me the serenity to accept the things I cannot change,
the courage to change the things I can, and the wisdom to know the difference.*

Step 1) LIST the stressful things you are dealing with right now. Write a brief title down. *Examples: Finances, health, upcoming job interview, next week's presentation, family issues. Include both personal and professional areas. Google "stressors list" to view twenty common stressors – for example – anxiety, divorce, finances, burnout, loss, disease, house, chronic stress, etc. Some are big, some small, and they add up.*

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You can put a star by the 3 most stressful areas, or number them with 1,2,3 for the top stressors.

How is it to look at your full list here? What's your first thought about what you're handling?

Take any notes of your response or any ideas that come to mind.

This list can change quickly as things get done. Update it often to get a sense of your stress status.